

AMENDMENTS TO THE SPECIFICATION

Please amend Abstract of Disclosure as follows:

The present invention relates to a starting block {1} for athletic running. Said starting block comprises an elongated frame {2} having a longitudinal axis, which extends between a first end {3} and a second end {4} of the frame {2}, said frame {2} being adapted to be attached to a ground in both ends of the frame {2}, at least one take-off block {8, 9} to be arranged in connection with said frame {2}, the take off block {8, 9} comprises a take-off surface {10}. The starting block is characterised in that the take-off surface {10} is angular adjustable in a laterally direction in relation to the longitudinal axis of the frame {2}.